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FISH AND WILDLIFE SERVICE

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NEW PUBLICATION CITES ADVANTAGES OF FISH IN THE DIET

In response to a growing demand by physicians, dietitians, and nutritionists for information on the composition of foods, the Fish and Wildlife Service has released a timely publication which analyzes the nutritive value of cooked fish and shellfish dishes.

Under the title Composition of Cooked Fish Dishes, the new publication indicates the proteins, carbohydrates, food energy, and other beneficial elements found in a number of popular fish dishes in the "ready-to-serve" stage. This is a departure from most previous reports--which have been based on studies of raw, rather than cooked, fish.

In the course of answering the question "Why should fish be included in your Diet?" the publication discloses that the average fish contains at least five beneficial minerals and the same number of vitamins.

Although the information in this report will be helpful to the general public, it will be particularly valuable for dietitians and nutritionists concerned with large quantity food preparation. Members of the fishing industry who deal with hospitals, restaurants, schools, and other institutional groups will find the publication especially useful. Some of the information can also be used in preparing factual advertising material featuring fishery products.

Stressing the high protein content of most cooked fish dishes, the publication shows that baked, fried, and broiled steaks or fillets with sauce or stuffing head the list. Next in protein content are kabobs (except those containing tomato). Stuffed fish and fillets are next in line, followed by kabobs with tomato, au gratin dishes, some casseroles and salads (especially those containing eggs), and fish cakes and loaves in which the proportion of crumbs, potato, or rice filler is not excessive.

Dishes containing 9 to 14 percent protein, but a higher percentage of carbohydrates, are: fish cakes and certain types of loaves, sandwiches, and canapes; most hors d'oeuvres; most casserole dishes; salads without eggs (except jellied salads); and most of the special dishes such as Newbergs, a la kings, and thermidors.

Still containing protein, but generally diluted with large proportions of other elements, are: nearly all the chowders, stews, soups, and bisques; salads with a gelatin base; creoles; curries; and jambalayas containing large quantities of rice.

Charles F. Lee, chemical engineer of the Fish and Wildlife Service's Branch of Commercial Fisheries, is the author of the new publication. Rose G. Kerr, Jean Burtis, Dorothy M. Robey, and Nancy L. Shipley, home economists of the Service's test kitchen at College Park, Md., prepared the recipes, gathered data on the size of serving portions, and selected many of the samples to be analyzed.

Copies of Composition of Cooked Fish Dishes, designated as Circular 29, may be obtained from the Superintendent of Documents, United States Government Printing Office, Washington 25, D. C. The price is 25¢ per copy.

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